**Health 11 Final Review:**

**Chapter 9: Eating for a Healthier You**

* Healthy Diet characteristics:
* Water percentage in the body:
* Amino Acids:
* Simple sugar/monosaccharide example:
* Soluble fiber:

* Complex Carbohydrate examples:
* Macromineral examples:
* Iron deficiency anemia:

* Antioxidants:
* Lactose intolerant:

**Chapter 10: Reaching and Maintaining a Healthy Weight** **& FOCUS on Enhancing Your Body Image**

Definitions/Concepts/Info:

* Percentage of Americans Overweight or Obese:
* Obesity is a risk factor for:
* Ideal/Healthy weight depends on:
* Overweight classification:
* Obese classification:
* Morbid Obesity classification:
* Problems with the BMI measurement:
* What a high waist-to-hip ratio indicates:
* Measures of Body Fat/ Scientific Methods for determining body composition:
	+ Underwater (hydrostatic)weighting:
	+ Skinfolds:
	+ Bioelectrical Impedance Analysis (BIA):
	+ Dual-Energy X-ray absorptiometry (DXA):
	+ Bod Pod:
* Underweight (lower limit of body fat) classification:
* Environmental factors leading to being overweight or obesity:
* Gherlin hormone:
* Leptin hormone:
* Basal metabolic rate (BMR):

* Resting metabolic rate (RMR):
* Exercise metabolic rate (EMR):
* How many calories are in one pound of fat:
* What factors influence body image:

**Chapter 11: Improving your Personal Fitness**

Definitions/Concepts/Info:

* Major health-related components of physical fitness:
	+ Cardio respiratory fitness:
	+ Muscular strength:
	+ Muscular endurance:
	+ Flexibility:
	+ Body composition:
* Physical activity:
* Exercise:
* How does regular physical activity improve the efficiency of the heart?
* Benefits of regular physical activity:
* Exercise’s effects on the cholesterols (HDL and LDL):
* What is your target heart rate?
* What are some exercise examples that increase coordination?
* Principles guiding a resistance program:
	+ Overload:
	+ Variation:
	+ Specificity:
* Overtraining syndrome:
* Recommended amount of exercise according to ACSM:

**Chapter 12: Reducing your Risk of Cardiovascular Disease and Cancer**

Definitions/Concepts/Info:

* Human heart is the size of:
* Cardiovascular disease accounts for what percentage of deaths in US:
* Prevention to reduce risk of cardiovascular disease and lower LDL levels:
* Recommended cholesterol levels:
	+ Total cholesterol:
	+ HDL:
	+ LDL:
	+ Triglycerides:
* Average healthy heart beat beats \_\_\_\_\_\_\_\_\_\_\_\_\_\_ per minute.
* Atherosclerosis:
* Angina pectoris:
* Sequence of blood flow as it travels through the heart:
* Most serious type of heart arrhythmia:
* Heart-healthy food examples:
* Differences in the incidence of hypertension (gender & race):
* Which body shape is at an increased risk for heart disease (a fruit shape):
* Metastasis:
* Risk Factors for Breast Cancer:

**Chapter 12A- FOCUS ON:**

**Minimizing Your Risk for Diabetes**

Definitions/Concepts/Info:

* Diabetes:
* Difference between Type 1 Diabetes and Type 2 Diabetes:
* Symptoms of Diabetes:

**Chapter 13: Protecting Against Infectious and Noninfectious Conditions**

Definitions/Concepts/Info:

* Pathogen:
* Antigen:
* What needs to happen for a disease to occur:
* Risk factors for infection you CAN control:
* Routes of transmission:
	+ Autoinoculation:
	+ Direct contact:
	+ Indirect contact:
* Allergies (allergic response):
* What is Hay Fever and how do you minimize or prevent it:
* Viruses:
* How can you get the following types of Hepatitis:
	+ Hepatitis A:
	+ Hepatitis B:
	+ Hepatitis C:
* Trichomoniasis:
* Gonorrhea:
* Chlamydia:
* Stages of syphilis:
* Women with herpes:

* Cervical cancer is related to what STD:
* Candidiasis:
* How is HIV transmitted:

**Chapter 14: Preparing for Aging, Death, and Dying**

Definitions/Concepts/Info:

* Gerontology:
* Successful Aging characteristics:
* Theories of aging:
	+ Wear and Tear:
	+ Cellular theory:
	+ Genetic mutation theory:
	+ Autoimmune theory:
* Osteoporosis:
* Facial changes related to aging:
* Urinary incontinence:
* Changes to the heart and lungs from aging:
* What happens to our senses as we age:
* Sexual changes in men with aging:
* Alzheimer’s disease:
* Drug use and the elderly:

**Chapter 15: Promoting Environmental Health**

Definitions/Concepts/Info:

* US Global resource consumption percentage:
* Air pollutant from motor vehicle emissions:
* A gas source of indoor air pollution in carpets:
* The ozone layer:
* Dioxins:
* Biggest influence on zero population growth:
* Asbestos:
* Radon:
* Decibels: